

DESERT AIRMAN

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Davis-Monthan Air Force Base, Ariz.

Friday, August 11, 2000

Around D-M

Down day

From Col. Bobby Wilkes, 355th Wing commander:

"Congratulations to the 355th Wing for earning a goal day Aug. 18. Achieving zero Class A's or B's, exceeding the flying hour goal, and less than five DUIs is a tribute to your hard work and dedication. We look forward to a Sept. 1 goal day to close out the 101 Critical Days of Summer."

Members of the 355th Wing earned a down day Aug. 18, and will earn an additional down day Sept. 1 by meeting driving under the influence, flying program and Class A and B mishap goals by the end of August.

Name the Wing

The search continues for a 355th Wing name (e.g. Kunsan Wolfpack, Pope Flying Tigers) that captures the essence of the history, mission and location. Send inputs to 355wg.pa@dm.af.mil or call 8-3071. The deadline for submissions is Tuesday. Need help with ideas?

Doctrine watch

The Air Force Doctrine Center, Maxwell Air Force Base, Ala., publishes short doctrine "watches" about every six weeks. Call the 355th Wing History office at 8-4669 or visit the doctrine Web site at www.doctrine.af.mil for more information.

Days since
last D-M DUI:

12



Need a ride? Call Airmen
Against Drunk Driving
at 850-2233.

(Current as of Thursday)



Airman 1st Class Latonia Brown

12th Air Force Change of command

(Left to right) Gen. John Jumper, Air Combat Command commander, and Chief Master Sgt. Gary Coleman, 12th Air Force command chief master sergeant, begin the ceremonial transfer of command to Lt. Gen. William "Tom" Hobbins from Lt. Gen. "Doc" Foglesong at the 12th Air Force change

of command ceremony Monday. Hobbins arrived at D-M from his previous assignment as director of operations for United States Air Forces In Europe. Foglesong leaves 12th Air Force for the Pentagon to become Deputy Chief of Staff for Air and Space Operations.

D-M officials warn of regional hazards

Summertime allows many Davis-Monthan Air Force Base members to partake in more outdoor activities. In addition to being aware of and protecting against dehydration heat and sun exposure and road rage, members must also be aware of other hazards common to this region.

"Being stationed in Southern Arizona or living in the Sonoran Desert with the spectacular scenery, rich

heritage, exotic vegetation and extraordinary wildlife comes some formidable danger," said Staff Sgt. Jeff Hermann, 355th Civil Engineer Squadron pest management journeyman.

Regional hazards commonly encountered are various insects, arachnids, reptiles and vegetative species. Some of the most common and perhaps the most deadly of these hazards include killer bees, rattle-

snakes, coral snakes, black widow and brown spiders, scorpions and Gila monsters.

"Killer" bees

Killer bee attacks in Tucson are not uncommon. Africanized honeybees, commonly called "killer" bees because of their attacks that often lead to death or serious injury, were first reported in Southern Arizona

See Hazards Page 4

Commander's Corner



Col. Bobby Wilkes
355th Wing Commander

Commander's Salute

This week, I salute **355th Wing Protocol members, Maj. Ghyslaine Lockhart, 2nd Lt. Jeremy Lane, and Tech. Sgt. Wendy Brazier**, who excelled to make sure the 12th Air Force change of command ceremony, and the Tops in Blue performance, were huge successes. Well done!

Supporting each other and working together to provide the best programs and services is a common goal we all share as members of Team D-M.

Ideas, suggestions, comments and kudos are an important ingredient for continuous improvement.

The fastest way to pass along comment or to get an answer to your concern is to contact the agency chief or functional manager listed here.

Still no solution? The Commander's Corner phone line is available 24 hours a day, at 8-4747, or you can send an e-mail to us at: 355thWing.CommandersCorner@dm.af.mil.

If you leave your name, phone number and a message, you'll receive a prompt reply, either in writing or by telephone. We will honor your confidentiality, but sometimes we need to contact callers to gather additional information. If your concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls

may not be published in the newspaper, we recommend you leave a contact phone number if you'd like us to provide an answer.

AAFES Agencies	748-7887
Accounting and Finance	8-4964
Chaplain	8-5411
Civil Engineering	8-3401
Clinic	8-2930
Commissary	8-3116
Family Support	8-5690
Fitness Center	8-4556
Housing Office	8-3687
Inspector General	8-5633
Legal	8-5242
Lodging	8-4845
Military/Civilian	
Equal Opportunity Office	8-5509
Military Personnel	8-5689
Public Affairs	8-3204
Security Forces	8-6178
Services	8-5596
Transportation	8-3584

College parking

Comment: The education office recently directed the on-base colleges to inform all students that the 30-minute parking spaces are not to be used during the evening courses by students. As a result, these spaces will sit vacant and inconvenience others for no reasonable purpose.

Response: Thank you for using the Commander's Corner and allowing us the opportunity to answer your concern.

The policy for parking around Building 3200 after 4:30 p.m. is as follows: Students may use any authorized parking spaces except the spaces allocated for the 355th Support Group commander and his staff, the 355th Mission Support Squadron commander, first sergeant and flight chiefs. Students are allowed to park in the 30-minute parking spaces after normal duty hours.

CDC

Comment: Why doesn't the child development center accept the Discover Card? I thought this card was accepted at all facilities on base.

Response: Thank you for your inquiry concerning the acceptance of the Discover Card at Davis-Monthan Air Force Base facilities. Unfortunately, the Discover Card is not accepted at any services facility on D-M. According to the headquarters Services Agency, an exclusive contract was signed with Visa and Mastercard for all services activities Air Force-wide. The choice to go with Visa and Mastercard was due to their charging a much lower rate to process transactions than other credit card companies. Call Larry Sanders, resource management flight chief, at 8-3033 if you have any further questions or concerns about credit card acceptance on D-M.

Your Final Answer?

What is your favorite thing to do during your off-duty time?



Tech. Sgt.
Michael Brackett
41st Electronic Combat Squadron

"I do marathons and a lot of training; besides training I enjoy spending time with my wife and son."



Staff Sgt.
Jennifer McDowell
355th Services Squadron

"I enjoy craft projects, decorating and spending time with my daughter and family."



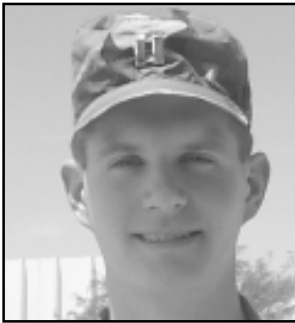
Staff Sgt.
Eric Zabiegalski
41st Electronic Combat Squadron

"I like to travel around with my family."



Senior Airman
Sherry Williams
355th Component Repair Squadron

"I like to spend time with my kids and family."



Capt.
Brian Young
355th Medical Operations Squadron

"Anything outdoors, camping and hiking."



Tech. Sgt.
Hans Erdmann
42nd Airborne Command and Control Squadron

"I restore classic Corvettes in my spare time. That's my hobby."



Airman 1st Class Maryann Walker

New bridge

(Left to right) Col. Lawrence Stutzriem, 355th Wing vice commander, Col. Bobby Wilkes, 355th Wing commander, Lt. Col. Theresa Carter, 355th Civil Engineer Squadron commander and Col. Francis Hendricks, 355th Support Group commander cut the ribbon of the new footbridge near the Officers Club Aug. 2. The bridge replaces an old bridge and crosses the drainage ditch, connecting temporary lodging to services facilities.



Chief Master Sgt. Ronald Kriete

STEP promotion

(Left to right) Staff Sgt. Elaine Smolenski, 355th Dental Squadron dental oral surgery NCOIC, receives technical sergeant stripes from Gen. John Jumper, Air Com-

bat Command commander, Monday. Smolenski was promoted to technical sergeant under the Stripes for Exceptional Performers program.

Air Force Association Tucson chapter seeks members

By Lt. Col. Don Bacon

*Tucson Air Force Association Chapter
Vice president*

The Air Force Association requests your membership so it can better support the Air Force mission and people.

The AFA is having a membership drive now through Sept. 7. This is an opportunity to bolster an organization that is committed to you.

The AFA's goal is to strengthen our national defense by gaining Congressional and public support for Air Force members and resources.

AFA membership strengthens the "airman's" voice in Washington, D.C., and improves the Air Force's ability to serve our nation's needs—truly the force behind the Air Force.

What has the AFA done recently? At the national level, the AFA supported efforts in Congress to pass across-the-board pay increases,

encouraged enlistment bonuses, worked for the extension of the GI Bill, helped improve servicemembers group life insurance benefits and boosted efforts to keep our commissaries. AFA works every day in Washington, D.C., to ensure our members receive appropriate compensation and are given the right tools to accomplish the mission.

The AFA is also active at the local level with the Tucson chapter providing financial support to the Airman Leadership School, Operation Warm Heart, Santas in Blue, and D-M's quarterly and annual awards program. AFA also awards \$400 Eagle grants to the top D-M Community College of the Air Force graduates and provides complementary one-year memberships to all Senior NCO and NCO Academy graduates. The 150,000 AFA members make these accomplishments possible—and even more can be done with you on the team.

As a member, you'll receive a monthly subscription to Air Force Magazine, access to low-cost life, health and auto insurance programs, discount auto rentals, and various financial services.

Membership costs \$30 per year.

Call your group point of contact today to become a member—we'd be honored to have you in the Tucson chapter. Group POCs are: Maj. David Von Brock, 355th Operations Group, at 8-5729; 1st Lt. Jason Self, 355th Support Group, at 8-4976; Chief Master Sgt. Leslie McGowan, 355th Medical Group at 8-2922; Senior Master Sgt. Jeffrey Halstead, 355th Logistics Group, at 8-3155; Master Sgt. Jay Cooper at 8-1353 and Master Sgt. Keith Combs at 8-4857, both are 12th Air Force; Master Sgt. David Heffernan, 305th Rescue Squadron, Air Force Reserve Command, at 8-1632; and myself, Tucson chapter vice president at 8-5856.



Tops in Blue 2000

Tops in Blue performed a free show at the Tucson Convention Center Aug. 4. The show was open to the public and provided a variety of entertainment for people of all ages. The U.S. Air Force's premier entertainment showcase consists of 35 active-duty members, who perform in 132 shows at more than 110 U.S. and foreign locations.

Photos by Airman 1st Class Maryann Walker

Hazards

Continued from Page 1

in 1993. The Africanized bees strongly resemble domestic honeybees; however, they are more aggressive, they attack in greater numbers and sense a threat at greater distances. These bees are no more toxic than regular honeybees and cannot sting repeatedly as rumor may tell.

The following tips will help for cohabitation with this beneficial insect: be aware of surroundings, look for bees going in and out of small openings, listen for humming sounds in wall voids, look for swarms of bees in trees and other tall fixtures and always call a professional when you suspect bees to be inhabiting near your home or work.

Rattlesnakes

Of the four deadly types of snakes in the United States, the Sonoran Desert houses two of them. The rattlesnake is one and has 16 different species. Rattlesnakes are characterized by triangular shaped heads, elliptical pupils (cat eyes), and heat sensing pits between their eyes and nose. They can range in size from one to about seven feet and have the potential to inject a very painful and lethal venom when they bite.

These snakes come out of hibernation in the spring, spend a few days near their den then venture out for the summer. Rattlesnake sightings are most often in the spring or fall when they venture away or back to their dens, respectively. Mating occurs in the spring and early summer and live young are born between the months of August and October. Don't let these "rattleless" snakes fool you, they are usually more aggressive than the adults and don't gain a rattle until the first shedding of skin. Humans are rarely bitten, but when they are it is painful and potentially fatal. Always be careful and make sure you can see when reaching in, under or around areas. Never try to get rid of a rattlesnake yourself; call a professional and keep an eye on it at a safe distance (rattlesnakes can strike at a distance half their body

length) while you wait for help to arrive.

Coral snakes

Coral Snakes are the other deadly snakes that can be found in the Sonoran Desert. The venom of these snakes is twice as lethal as rattlesnakes; however, there has never been a reported death. They range from 13 to 22 inches and have the girth of a pencil. These snakes can be found in rocky, upland desert where saguaro cacti are present. Coral snakes have a small, round head with wide red and black bands separated by narrow yellow bands. These secretive have round heads and round pupils like humans. They can be found under rocks or buried in sandy soils. The venom is neurotoxic and causes paralysis and respiratory failure. A few other snakes mimic its color patterns, like the Scarlet Kingsnake, but the Western Coral Snake is the only snake with wide red and black bands bordered by yellow or whitish bands. If you come across a snake that resembles the above characteristics do not hesitate to call a professional.

Black widows

This spider is a shiny black, has a one-inch body with a red hour glass shape on the underside of its abdomen. They have erratic, but strong webs. The neurotoxic venom can be, but is rarely, fatal. The bite is relatively painless and can go unnoticed; however, severe abdominal pain, muscle pain and alternating salivation and dry mouth may occur. There is currently no first aid or treatment for the bite, but the pain can be relieved with injections. The best way to keep these spiders out of your home or garage is to periodically (at least weekly) knock down webs with a broom. If this is done consistently, the Black Widow will become discouraged and venture elsewhere.

Brown spider

Also known as the Brown Recluse or Violin Spider, this arachnid has a body roughly 9 millimeters and a leg span up to one inch. Looking down at the top of this spider, a violin is visible with the neck of it pointing to the abdomen. Unlike most



Courtesy photos

(Left to right) The Giant Desert Hairy Scorpion and the Western Diamond Back snake are two hazards common to Southern Arizona.

spiders, this one has six eyes instead of eight. This highly venomous spider can be found under rocks and pieces of wood, and in the nests or burrows of other animals; they prefer dark places. They, too, build erratic webs. The bite from this spider will cause the tissue surrounding the wound to die. The severity of tissue degeneration depends on two factors; the amount of venom injected and the immune system of the victim. Always be careful when putting shoes on, reaching under sofas or putting your hand anywhere you do not have eye contact with. The best control method for these spiders is to kill them as you come across them.

Scorpions

Of the many species of scorpions throughout the world, there are three prevalent in this area: the Giant Desert Hairy Scorpion, the Striped-Tail or Devil Scorpion and the Bark Scorpion. Of these three, the Bark Scorpion is the only one that is potentially fatal and it happens to be the smallest (2 to 2 3/4 inches). They tend to hide in tree bark, under leaves and debris, and under dead cacti. They can be found in houses, particularly on newly developed land. Scorpions deliver a painful, neurotoxic sting from their tails. There are also Pseudoscorpions, Wind Scorpions and Whip Scorpions that strongly resemble scorpions, but lack a tail with the ability to deliver a sting. If you are stung wash the area with soap and water, apply a cool compress and elevate the area. If an increased heart rate,

restlessness and fever occurs call for medical attention. If scorpions are found in your dwelling call a professional immediately.

Gila monster

This stout bodied lizard ranges from 18 to 24 inches and is black with orange, pink or yellow blotches, bars and spots. Their face is black and they have small, bead like scales across their back. When these lizards bite with powerful jaws and a nerve toxin in the lower jaw flows into the wound as they chew on the victim. Gila Monsters can overpower prey, but are rarely fatal to humans. Call a professional, if one is available, to relocate it.

These insects, reptiles and arachnids are a small fraction of the numerous wildlife indigenous to the Sonoran Desert.

"I am not suggesting that we live inside a bubble for the remainder of our time in southern Arizona, but now you should be able to identify the most dangerous creatures we may encounter," said Hermann. "The key to a successful ecosystem of any kind is the cohabitation between humans and the indigenous wildlife. Therefore, don't think that pesticides are the answer to all the above pests; many times they can be captured and relocated to a different area."

Call the 355th CES pest management shop at 8-5368 for more information concerning this article or with questions concerning the indigenous flora and fauna of Southern Arizona. (Courtesy 355th Civil Engineer Squadron)

Advertising



Senior Airman Amie Gannon

Back to school

Davis-Monthan Air Force Base members are reminded that school will be back in session this month. Members are advised to strictly adhere to all posted speed limits, decrease speed in areas where pedestrians or children are present and report all incidents of speeding and reckless driving to security forces. Call the security forces control center at 8-3200 for more information or to report violations.

School registration: *Borman and Lowell-Smith elementary schools, both located on Davis-Monthan Air Force Base, will have new student registration Monday, Tuesday, Thursday and Friday from 8 to 11 a.m. and 1 to 3 p.m. Parents are reminded that birth certificates and immunizations records will be needed at the time of registration. Teachers will be available Thursday. Both schools begin Aug. 21. Call Borman Elementary School at 512-3350 or Lowell-Smith Elementary School at 512-3330 for more information.*

Air Force Print News

Financial institutions post delayed pay

Defense Finance and Accounting Service officials said Aug. 1 pay deposits have been posted by those financial institutions which experienced problems earlier in depositing the funds.

Six institutions were initially identified to have problems depositing pay; however, it was later deter-

mined that the banking problem affected only four, said DFAS officials. DFAS officials have determined the cause of the problem rests with the financial institutions.

The four are Global Federal Credit Union, Washington Mutual, Strategic Air Command FCU, and 1st Bank of Aurora.

"The bottom line is everyone's pay was posted on payday with the exception of one financial institution and those accounts were posted on Aug. 2," said Cathy Ferguson, DFAS spokesperson. "The financial institutions have indicated there will not be any late fee charges to service members, although if anyone has a

specific problem, they should contact their financial institution."

Ferguson said there was not one problem that banking officials could isolate across the system, "therefore, we think it was an anomaly within the bank processing system and that pay should post as it normally does at mid-month."

Visit the DFAS Web site at www.dfas.mil for more information on pay issues.

Advertising

By Chief Master Sgt.
Paul Ceciliani
355th Security Forces Squadron

Set goals for the future

Have you ever started on a road trip without a map showing you the route to your final destination?

I would think most people plan road trips so they don't get lost along the way. If this is the case, why do so many people not plan or set goals for themselves in their daily lives to ensure they get to their final destination?

I've talked to so many troops in my career who live day to day without any idea of where they want to go in their lives. These troops' supervisors need to help formulate a plan to get them heading in the right direction.

In this plan, I'd recommend four key areas be addressed: professional, personal, financial and fitness goals.

Setting professional goals are critical in a military member's life. For young troop just coming out of technical school, learning their job to the best of their ability and getting their career development courses completed are two of the most important steps starting out. Later on, these individuals need to plan for promotions and different job opportunities that will give them a breadth of experience in their profession. Planning means a dedication to studying for

Find a balance in your life when it comes to your professional and personal goals.

Chief Master Sgt. Paul Ceciliani
355th Security Forces Squadron



promotion and jumping at job opportunities that will expand their job knowledge. In addition, troops having opportunities to attend professional military education or complete correspondence courses should do so at the earliest opportunity. Without goals for professional growth, troops tend to become complacent with their job and surroundings. This doesn't do the individual or our Air Force any good.

Personal goals go hand in hand with professional goals especially when it comes to education. These days in our Air Force, it's very difficult to succeed without additional formal education. Goals need to be set to get your associate's, bachelor's, or master's degrees done. Don't wait until

you're ready to get out of the Air Force and then realize you need an education to be competitive in the civilian job market. Make it a priority in your life and you'll be happy you did. Along with education, personal goals need to be made when it comes to family. Make sure you spend quality time with them. Find a balance in your life when it comes to your professional and personal goals.

I mention financial goals only for the mere fact too many people live paycheck to paycheck not saving for the future. It's a well-known fact the earlier you start saving, the less you have to save in order to have a large nest egg when you're ready to retire. My advice is to set financial goals on where you want to be one, three,

five, 10 and even 20 years down the road, and start working toward those goals. Too many troops pull out the plastic and purchase those luxury items they can't afford instead of living within their means. Planning for the future with your finances is definitely a key to a successful life.

Fitness goals are the last area I want to mention. The Air Force is a combat fighting force. Being fit gives you an edge against your enemy when working long, hard hours in stressful situations. Being fit helps you think clearer, feel better, and have a better outlook on life. There are too many troops in this Air Force who are out of shape. If you don't have a regular workout routine, I highly encourage you to start one. Once you do, start setting goals on where you want to be. Don't make physical fitness another New Year's resolution and then break it within the first month — stick with it.

Setting goals in these areas have helped me have a successful Air Force career and will help me in the future. I am certain goal setting can do the same for you.

If you're a supervisor, I strongly encourage you to get involved with your troops and help them set a plan and make goals that will help them chart their course. Our Air Force will be better as a result.

Welcome to Davis-Monthan

Lt. Gen. (Dr.) Paul Carlton, Air Force Surgeon General
Micah Richards, Pilot for a Day

355th Wing Flying Goals

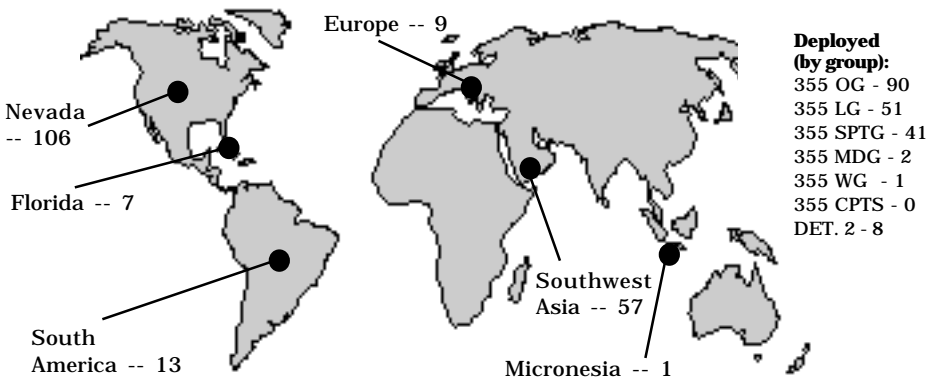


	Hours			Sorties		
	41st	42nd	43rd	354th	357th	358th
Goal	255	427	264	542	436	447
Flown	102	129	84	189	151	146
Delta	22	3	16	-1	4	10
YTD	85	37	53	97	80	29

Current as of Wednesday

Where are 355th Wing members serving?

This time last year, **360** members of the 355th Wing were deployed.



Total: 193

Other locations -- 0
Current as of Monday

Source:
355th Mission Support Squadron
Personnel Readiness Unit



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Stay cool with Arizona fun, safety tips

By Capt. Lori Munro
355th Medical Group

Summertime, and the living is easy, fish are jumpin' and the cotton is that high — so the song goes — evoking thoughts of an easy, relaxed life. If only it was that simple.

We bask in the midst of the desert sun, complete with desert creatures, crave the splendor of cool water in swimming pools while, at the same time, dread the death-defying floods during monsoon season. Yes, Tucson has its outdoor safety challenges. The most common hazards include heat-related illnesses, critter bites/stings, lightning and near-drownings.

Heat-related illnesses include heat cramps, heat exhaustion, heat syncope and heat stroke. These are more likely to occur when the temperature is greater than 95 degrees, in the young or elderly, if the person is obese, taking certain medications, or has a history of heart disease. Other factors include being dehydrated, tired or sleep deprived or sun-burned.

Heat stroke is a true emergency because the brain's heat regulating mechanism becomes overtaxed and fails. Without immediate treatment, 80 percent of heat stroke victims die. When the victim's temperature soars past 105 degrees, the person will exhibit thought-process changes such as anxiety, confusion, hallucinations, bizarre behavior, seizures or coma. Typically this person will be breathing fast, and his/her heart will be beating quickly.

In this situation, the first priority is to cool the victim rapidly by removing as much of his/her clothing as is practical, and soaking or spraying him/her with cool water. Very cold water will cause shivering which generates body heat, and increases the need for oxygen. Don't give anything by mouth because of the increased risk of choking, and call for an ambulance.

Heat-related illnesses can be avoided by following these simple precautions: 1) eat or drink foods and fluids which replace sodium—such as sports drinks—when participating in activities, 2) rest frequently and avoid strenuous activity during the hottest part of the day, 3) wear a hat, and light-colored, loose-fitting clothes, and finally, 4) avoid sitting or standing in one place for too long. Moving around helps circulate the blood back to the heart.

We've already begun to experience the monsoon season, thunderstorms, heavy rain and hazardous lightning. Precautions need to be taken whenever the weather takes a turn. Without taking the proper precautions, people will die from drowning and lightning strikes. On average, 80 people a year will be struck by lightning in the United States. Of those figures, 30 percent of the victims will die and the rest will suffer from a permanent disability. The key to keep in mind is not only does lightning strike an object directly, it can also kill by side flashing off a nearby strike area or by traveling through the ground. Since our body system is set up similar to that of an electrical circuit, a powerful jolt of electricity will travel throughout the body which can cause the heart to stop beating and brain damage, produce burn injuries, rupture the eardrums or cause blindness.

When participating in outdoor activities, pay attention to weather forecasts, and seek shelter in a nearby building if you hear thunder, even if the sky is clear. Lightning is attracted to the highest point, so stay away from tall trees or other tall objects in an open area. Stay away from water and metal objects which conduct electricity, even if you are inside your house - lightning can flash through open windows, metal fixtures or pipes, electrical appliances or even telephone and computer lines.

In June the Discovery Channel aired a television program on lightning describing how

some victims were "struck" while inside a building. One gentleman, a banker, was standing several feet from the drive-through window when lightning traveled through the teller's microphone, and hit him in the back. In another instance, a lady was talking on the telephone when lightning struck the telephone, sending a gigantic volt of electricity through the receiver. She was knocked down, receiver still in hand. Both victims have long-term disabilities as a result.

Another hazard typically associated with summer is near drowning, where a victim breathes water into the lungs. Chemicals, algae, sand, mud and whether the water is fresh or salty can make lung damage worse. Whether or not a person survives depends on several factors: the amount of time the victim is submerged, age, the presence of illness or injury and water temperature.

The first priority is getting the victim out of the water safely. The swimming ability of the rescuer, and any environmental or natural hazards must be taken into consideration. Someone should call for help because once the person is pulled out of the water, he/she needs immediate medical attention.

Of course, the best treatment is prevention. For instance, when water activities are planned, have life jackets and other floatation devices readily available, never swim alone or drink alcoholic beverages in or around water, and don't dive into shallow water or where the depth of the water is unknown. Children should always be continuously supervised both in and near the water.

As you know the desert has its distinct critters and creepy-crawlies (i.e. scorpions) but it also has bees, wasps, and snakes. Take proper precautions when out and about, even in your own back yard. Bee and wasp stings usually do not cause any more than a local reaction of redness and pain. Individuals with

Continued on Page 18

Advertising

TRICARE Web site addition offers clinical depression information

Although nearly 80 percent of people with clinical depression can be treated successfully with medications, psychotherapy or a combination of the two, current evidence indicates that nearly two-thirds of those afflicted do not seek help. The reasons range from an individual's failure to recognize that they have a serious, potentially dangerous condition to a fear of the continuing social stigma connected with mental illness.

In light of this, an online mental health and depression outreach program is the latest addition to Central Region/Central Source, the TRICARE Central Region Web site.

The Magellan Behavioral Health division of Magellan Health Services, Inc., a subcontractor to TriWest Healthcare Alliance for mental health and substance abuse services in the TRICARE Central Region, administers this specific feature of the Web site.

Serious depression is an important public health problem affecting more than 19 million adults in the United States. In its various forms, clinical depression can disrupt sleeping, eating, school and work activities, the ability of mothers to care for their children, and can even lead to suicide. It is estimated that 10 to 15 percent of all new mothers, five percent of

all children and adolescents, and as many as three percent of people over 65 years of age suffer from serious depression.

Dave McIntyre, president and chief executive officer of TriWest Healthcare Alliance, says, "For this reason the Mental Health/Depression Outreach feature on the TRICARE Central Region Web site is a timely and valuable tool for individuals who may be reluctant or embarrassed to seek help until they learn more about their own problem or that of a loved one."

When the TRICARE Central Region site is accessed at www.triwest.com or www.region8.tricare.osd.mil, the Magellan site may be reached by looking under the TRICARE Program heading and clicking on the button marked "Mental Health/ Depression Outreach."

From that point, the pages provide beneficiaries with an overview of clinical depression, its effects and treatment. It also offers links that will enable them to assess their own conditions; learn more about the symptoms and dangers of the various kinds of depression; learn about the available treatment options and the ways to get care; and use additional hyperlinks to access resources online.

Clicking on the link marked "Self-Assessments" allows beneficiaries to complete self-assessment questionnaires with answers based on their feelings during the previous week. Answers from this assessment are neither recorded nor tracked and are not to be considered a diagnosis, but will give beneficiaries an indication of a depressed state and lead them to seek care in a number of ways.

Among other easily accessed pages are those titled "Postpartum Depression," "The Depressed Child," "Let's Talk About Depression" (for adolescents), and "Help for Seniors." All offer ways to recognize depression in oneself, a relative or friend and provide lists of symptoms and ways to obtain help. In fact, at the bottom of each page is a link marked "Getting Help," which takes beneficiaries to a page offering various ways for them get in touch with TRICARE Central Region professionals who can help them to find the resources or treatment they need. All information obtained by these professionals is confidential, and this mental health/depression outreach module will be a good tool for people who may be uncomfortable about starting the process of seeking help face to face. *(Courtesy 355th Medical Group)*

Advertising



Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member of the Davis-Monthan Air Force Base team. Members are nominated by their commander or first sergeant, and the article is compiled by the Desert Airman staff.)

As a communications computer systems operator for Detachment 3, Air Combat Command Training Support Squadron, Staff Sgt. Dawnette Lister keeps herself busy.

She's responsible for computer security and projector maintenance for seven units on base, in addition to being the office manager for the detachment.

Lister has been at Davis-Monthan Air Force Base for more than five years, and hails from Winooski, Vt.

While she's not fond of the Arizona heat, she enjoys the fact that her unit is small, and there is a sense of "family where everyone genuinely cares about each other."

The 14-year Air Force veteran said one of her goals is to complete her bachelor's degree in elementary education.

In her spare time, she enjoys spending time with her daughter Nekolle, baking and cook-



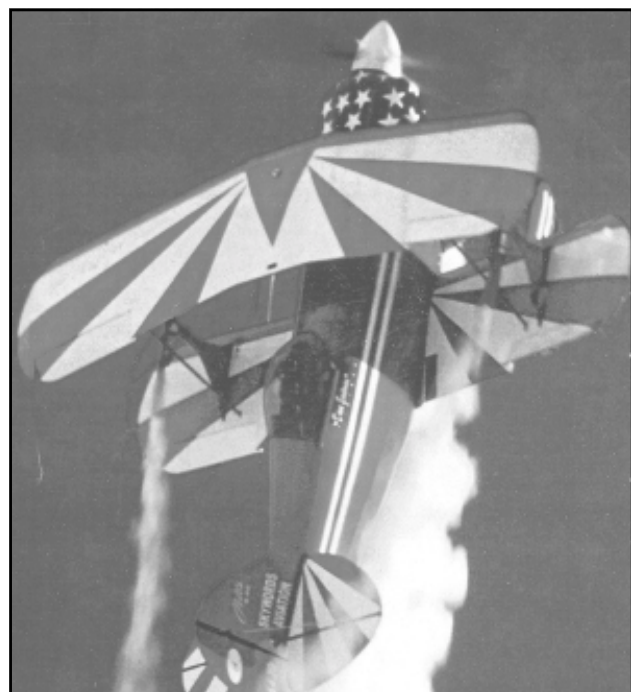
Airman 1st Class Maryann Walker

ing, reading and any sports activities.

In nominating her for Sonoran Spotlight, Lister's commander, Lt. Col. Michael Weldon, said "Sergeant Lister is the epitome of what being an NCO is all about. She works long, hard hours without ever a complaint and lets her actions and professionalism speak for themselves. She will drop whatever she is

doing and run across the base to assist customers having problems with our equipment. I get positive feedback continually from those she has helped. When a problem needs fixed quickly and accurately she is the first person people think of. She has a 'can do' positive attitude that is evident and contagious to those that work around her."

A and A Days: Cockpit notes



Courtesy photo

By Karen Halstead
Public affairs

Dave Eastman brings the Pitts Patriot – a modified Pitts S2S – to Davis-Monthan Air Force Base's Aerospace and Arizona Days 2000 Nov. 4 and 5.

When he turns on the smoke and takes the controls, he gives the crowds a high-energy, heart-stopping, inspiring aerial performance as he pushes his plane to the edge of its limits.

Eastman is no stranger to the Air Force. He

learned the discipline it takes to fly his aerial performances as an Air Force pilot. He culminated his Air Force career here at Davis-Monthan Air Force Base as an EC-130 pilot for the 41st Electronic Combat Squadron.

Between all the military aircraft and civilian aircraft, he has flown more than 3,500 hours.

He doesn't consider his air show demonstration an act. He says it's entertainment at its best and refers to his show as Unlimited Runnin' Wild Aerobatics.

Eastman brings a new twist to the classic maneuvers by adding his signature gyroscopic tricks all combined with high-energy music to produce a mesmerizing and entertaining aerodynamic display.

Eastman truly believes that as a professional airshow performer he is first and foremost an entertainer. With show center as his stage, and the Pitts Patriot as his sidekick, he unleashes a fury of pure adrenaline, and guarantees to captivate and inspire any audience, any time, any place.

He began his air show career more than six years ago, and has performed in front of millions of spectators in both military and civilian aircraft throughout the United States, Mexico and Canada.

Eastman is the first to admit that his airshow career wouldn't be possible if it weren't for all the support of the people who provide ground support at the air shows and his sponsor's commitment and dedication to aviation and the youth of America.

Korea remembered



(Editor's note: As America recognizes its veterans (over the next three years) to commemorate the 50th anniversary of the Korean War, the Desert Airman will run significant events related to the Korean

War.) This week in 1950, the following significant events occurred:

Aug. 11: C-119 Flying Boxcars began airlifting trucks from Tachikawa Air Base in Japan to Taegu, South Korea.

Aug. 12: Navy Task Force 77 stopped close air support and interdiction strikes in South Korea and moved up Korea's west coast to attack interdiction targets in North Korea, leaving all air attacks in South Korea to Far East Air Forces. More than 40 B-29s attacked the port of Rashin in northeastern Korea, near the border of the Soviet Union.

Aug. 13: Endangered by the North Korean Army advance to Pohang, two squadrons of F-51s in the 35th Fighter Interceptor Group moved from nearby Yonil AB, South Korea, to Tsuiki AB, Japan.

Aug. 16: Because of the enemy threat to Taegu, the advanced 5th Air Force headquarters moved to Pusan. Ninety-eight B-29s carpet-bombed suspected enemy troop concentrations in a 27 square-mile area near Waegwan northwest of Taegu.

Two D-M runners set to take on Air Force Marathon

By Master Sgt. Dan Carpenter
Public affairs

Two runners from Davis-Monthan Air Force Base – Ann Hollis and Dennis Richards — are set to make the trek to Wright-Patterson Air Force Base, Ohio to take on the 26.2-mile Air Force Marathon course Sept. 16.

It's been more than a month since the marathon registration fee increase July 1, and



Master Sgt. Dan Carpenter

Ann Hollis stretches outside the fitness center before heading out for a run.

race officials continue to process registration forms mailed in for the fourth annual marathon.

Tom Fisher, marathon director, said he's already planning for a record-setting crowd Sept. 16.

"We're staying around 20 percent ahead of last year," he said. The 1999 race set the record with 2,800 runners. "I'm very encouraged with the numbers. If it stays this way, we'll have 3,400 runners."

Marathoners are coming from 42 states and several U.S. overseas assignments, and there are foreign runners from Canada and the United Kingdom.

For Hollis, a major assigned to the 25th Operational Weather Squadron, and Richards, a retired senior master sergeant, running in the marathon represents different things.

"It's been a lifelong goal of mine to be fit enough to run a marathon whenever I want," Hollis said. "I already ran in the San Diego Marathon in June for my mom (who died 15 years ago of leukemia); this one is for me."

"I ran my first marathon in 1997, and I'd like to prove it wasn't a fluke," Richards said. "I've been running since about 1972, but got serious about it in 1983 when I lived in Norway."

Hollis, who hails from Tuscaloosa, Ala., added she loves both the challenges and the rewards of marathon running. "The challenge is the heat here in Tucson, and the reward is doing an event that only a very small percentage of people even attempt."

"For me, the challenge is overcoming the mental barrier that often overshadows the physical one in marathon running," Richards, an Omaha, Neb., native added. "When I can do that, I get my reward – the satisfaction of setting a goal and meeting it."

Hollis said her greatest enjoyment in marathon running comes from "the way I feel and the control I have over my body. I feel powerful,



Master Sgt. Dan Carpenter

Dennis Richards logs a few miles at the fitness center.

I don't get sick and I can eat whatever I want."

"I enjoy meeting people at races," Richards said. "I also enjoy the solitude that comes from training. You can think about quite a lot. I've written many briefings and given many speeches pounding the pavement."

The entry deadline for the Air Force Marathon is Aug. 31. Call the marathon office at DSN 257-4350 or visit the Web site at <http://afmarathon.wpafb.af.mil> for more information.

Fun

continued from Page 11

known allergies to insect stings should carry an emergency sting kit at all times, and wear a medical-alert bracelet. People who get multiple stings sometimes will have more severe reactions because of the venom's cumulative effects and may need to seek medical care.

Here are some general care tips: remove the stinger by brushing it off with the edge of a knife blade or credit card, and then applying an ice pack to the area to treat a local reaction. Do not use tweezers to pull it out because squeezing the venom sac will inject more venom. If you begin to experience difficulty breathing, itching or facial swelling, seek immediate medical care.

A common creature of the

desert is the scorpion. Only one of the 30 species of scorpions found in Arizona is life threatening to humans. What can make a scorpion bite dangerous is their venom which contain several neurotoxins that target the nerve cell of a specific kind of animal or insect. In the healthy young adult, the majority of scorpion stings can be treated at home with soap and water, ice packs, elevating the affected arm or leg to decrease swelling and using aspirin or other over-the-counter pain remedy for minor discomfort. Children, because of their small size, and people with pre-existing medical conditions such as asthma, pneumonia, or high blood pressure, are at higher risk for severe reactions to a scorpion sting and should seek medical care as soon as possible after being stung. People who are allergic to scorpion venom should

also seek emergency medical attention.

Warm weather brings out snakes as well. Most snakebite emergencies are caused by a group of snakes, which include rattlesnakes, copperheads and water moccasins. You can recognize a poisonous snake by its fangs, and triangular head; however, this is not to say you should pick up the snake to get a closer look. Most snakes bite in defense when suddenly confronted or cornered. What can you do to protect yourself? Stay aware of your surroundings. Wear boots, and protective clothing when walking or hiking, and don't place your hands or feet into areas which have not been checked with a stick first.

Signs and symptoms of a snakebite include one or more puncture wounds in the skin, pain, swelling or bruising, numbness or tingling in the face, and lips, muscle

twitching, a rubbery or metallic taste in the mouth, and muscle weakness. If someone is bitten, move the victim to a safe place, keep him/her still and comfortable, remove jewelry, and tight clothing, keep the affected limb below the level of the heart, and do not cut, suck or apply ice to the wound and seek immediate medical care. If you bring a snake in for identification, carry it in a sealed container — a dead or decapitated snake can still bite for up to an hour after death. Newly hatched snakes are also capable of producing venom. Be careful.

Summer is the time for vacations, relaxing and fun. It is important to be aware of the dangers within the environment. Not all emergencies are within our control, however, by observing basic safety precautions, the incidence of summertime accidents can be reduced.

Sports Shorts

Golf championships

Davis-Monthan Air Force Base's championship golf tournament is Aug. 19 to 20, at the Blanchard Course. The \$45 fee pays for 36 holes of play (cart extra), as well as prizes, awards and dinner after each day's round. Active-duty members, their families and DOD civilians are eligible. Players must have a current, approved handicap. Sign up by Wednesday at the pro shop, or call 8-3734.

Golf clinics

Adult golf clinics continue throughout August, Tuesdays and Thursdays, 4:30 to 5:30 p.m. Ladies attend Tuesdays, and Thursdays are open to everyone. Clinics cost \$10 each. Register at the pro shop, or call 8-3734 for further information.

Youth bowling signups

Signups for the fall youth bowling leagues are Saturday, Aug. 19 and 26 from noon to 2 p.m., at D-M Lanes. League bowling begins Sept. 9. Call Beth Barksdale at 790-4447 for more information.

Friday Nite Fun league

The Friday Nite Fun bowling league is in search of bowlers for their fall league. An

organization meeting is Aug. 25 at 6:30 p.m. at D-M Lanes. League bowling starts Sept. 8. Call Judy Thorne at 747-7587 for more information.

Welcome lady golfers coffee

The Davis-Monthan Women's Golf Association invites all 18-hole lady golfers to a welcome coffee Aug. 30 at 9 a.m. in the Eagles Nest. Call Katy Marr at 299-2385 for more information.

League bowling

Winter leagues start Sept. 5 at the D-M Lanes. Teams compete mornings, afternoons and evenings, every day except Sunday. Early registration assures best team selection; sign up now at the D-M Lanes, or call 8-3461.

Rugby players sought

Players are needed for the upcoming rugby season, which starts in the fall and continues until the spring. Call Jay Gregson, 8-2136; Larry Bates, 8-4874; or Dick Battock, 886-7003, for more information.

Golf/lunch special

Golfers buying lunch any weekend get a second meal (equal or less value) at no charge, just by showing their golf receipt. This two-for-

one special is valid Saturdays and Sundays, at the Eagle's Nest Restaurant. Call the pro shop, 8-3734, or restaurant, 8-7066.

Aerobics, exercise classes

The staff at the Haeffner Fitness and Sports Center offer a full lineup of exercise and aerobics classes each week.

Monday - 11 a.m. to noon - Step aerobics (Marie); 12:20 to 1 p.m. - Spinner (Steve); 5:30 to 6:30 p.m. - Aerobics (Rumiko); 6:45 to 8:45 p.m. - Kajukenbo (Paul)

Tuesday - 8 to 9 a.m. - Senior aerobics (Corinne); 11 a.m. to noon - Step aerobics (Veronica/Rumiko); 12:10 to 1:10 p.m. - Circuit training (Corinne); 6:15 to 8:15 p.m. - Kyokushin (Idris)

Wednesday - 10:10 to 11 a.m. - Spinner (Corinne); 11 a.m. to noon - Step aerobics (Veronica); 12:10 to 1:10 p.m. - Kick box (Corinne); 6:30 to 7:30 p.m. - Belly dancing beginners (Basheera); 7:30 to 8:30 p.m. - Belly dancing advanced (Basheera)

Thursday - 10 to 11 a.m. - Senior aerobics (Corinne); 11:10 a.m. to 12:10 p.m. - Step aerobics (Marie); 12:10 to 1:10 p.m. - Training (Corinne); 5 to 6 p.m. - Step aerobics (Rumiko); 6:10 to 8:10 p.m. - Kyokushin (Idris)

Friday - 11 a.m. to 12:10 p.m. - Step aerobics (Veronica); 12:10 to 1 p.m. - Spinner (Steve); 4:30 to 6:30 p.m. - Kajukenbo (Paul)

Saturday - 10 to 11 a.m. - Step aerobics (Rumiko); 11 a.m. to noon - Spinner (Corinne)

Advertising

Scoreboard

Bowling

Tuesday Doubles

Team	W-L
Team 3	48-24
Team 6	48-24
Team 1	39-33
Team 2	34-38
Team 5	32-40
Team 7	30-42
Team 8	27-45
Team 4	18-54
High Scratch Game - Men: Floyd Vaughn, 215; Michael Donnerstag, 207; Jason Bauer, 203	
High Scratch Game - Women: Joyce Vaughn, 233; Vi Teer, 167	
High Handicap Game - Men: Michael Donnerstag, 247; Brian Lubecki, 241; Floyd Vaughn, 237	

High Handicap Game - Women: Joyce Vaughn, 270; Mary Jane Combs, 224; Pearl Pelley, 222
High Scratch Series - Men: Floyd Vaughn, 614; Lloyd Lee, 564; Earl Teer, 558
High Series Scratch - Women: Joyce Vaughn, 561; Vi Teer, 466; Pearl Pelley, 325
High Series Handicap - Men: Floyd Vaughn, 680; Michael Donnerstag, 665
High Series Handicap - Women: Joyce Vaughn, 672; Vi Teer, 628

Team	W-L
Heart Attacks	72-48
Exterminators 71-57	
Yeah Right	70-58
Stayin' Alive	67-61

Have-A-Ball Bag & Shoe

Lefties 64-64
Alley Oops 61-67
The Gutterballs 56-72
Yustom Snowmen 51-77
High Game - Men: Scott Kerr, 231; A.J. Johnson, 212; Steve Willis, 201
High Game - Women: Candy Gregory, 180; Val Schreiterer, 176; Barb Nunes, 151
High Series - Men: Scott Kerr, 633; A.J. Johnson, 547; Steve Willis, 524
High Series - Women: CAndy Gregory, 477; Val Schreiterer, 446; Barb Nunes, 406

Youth-Adult

Team	W-L
F-117 Stealth Fighters	60-28
Team 5	52-36
Cheaters	52-36
Team 1	52-36
Team 2	48-40
High Game - Men: Tom Cross, 178; Tony Martinez, 170; Kevin Wills, 140	
High Game - Women: Candy Gregory, 152	

High Series - Men: Lynn Parker, 555; Tom Cross, 489; Tony MArtinez, 442
High Series - Women: Candy Gregory, 371

Golf

Intramural - Tuesday

Team	W-L
EMS	37-19
43 ECS	35.5-20.5
SUPS #2	35-13
MSS	34-12
SVS	29.5-25.5
MDG	28-20
41 ECS	27-21
42 ACCS #1	27-29
COMM	26-14
12 AF #1	22-26

LSS 17.5-30.5
12 AF #3 10-46

Intramural - Wednesday

Team	W-L
CRS	56-16
SUPS #1	55-17
TRS	52-20
12 AF #2	51-21
CES	41-23
25 OWS	39.5-32.5
Det 2, 67 IG	36.5-35.5
SFS	35.5-28.5
OSS	21-51
CPTS	21-51
TRANS	10.5-61.5
42 ACCS #2	7-65

Advertising



Chapel events

Protestant schedule

Today: Aim High Bible Study, 7 p.m., Chapel 1 annex. Call 889-1715 for more information.

Saturday: Couples' Bible Study, 7 p.m., call 749-5550 for more information.

Sunday: Contemporary Worship Service, 8:30 a.m., Chapel 1; Sunday School, 10 a.m., Chapels 1 and 2; Traditional Worship Service, 11:15 a.m., Chapel 2 annex; Inspirational Gospel Worship Service, 11:15 a.m., Chapel 1.

Tuesday: Singles' Bible Study, 7:30 p.m., Building 3220.

Wednesday: Midweek Bible Study, noon, Chapel 1; Prayer and Teaching Time, 7 p.m., Chapel 1; Youth Night, for middle and high school groups, Chapel 1, 7 p.m. Call 8-5411 for more information.

Catholic schedule

Saturday: Mass, 5 p.m., Chapel 1; Sacrament of Reconciliation at St. Joseph's Church, 4 to 5 p.m.

Sunday: Mass, 7:30 and 10 a.m., Chapel 1; Sacrament of Reconciliation, 9:15 to 9:45 a.m., Chapel 1; there will be no Confraternity of Christian Doctrine until September.

Monday through Friday: Rosary, 11:10 a.m., Chapel 2; Mass or communion service, 11:30 a.m., Chapel 1.

Wednesday: Rite for Christian Initiation 7 to 8:30 p.m., Chapel 1.

Islamic schedule

Today: Prayer service, noon to 2 p.m., Building 3220, third floor-west; educational classes, 6 to 8 p.m., Building 3220, third-floor west.

Visit the chapel's Web site at www.dm.af.mil/chapel for more information.



On-base clubs

Officers Club

Today: Commanders call, 4 p.m.; cook your own dinner, 5 to 8 p.m.

Saturday: Prime rib for two, \$19.95.

Sunday: Mini-brunch is 10 a.m. to 1 p.m.

Monday: Crud teams needed for Air Combat Command tournament.

Tuesday: Prime rib for two, 5:30 to 8 p.m.

Wednesday: Beverage specials, \$1.75.

Thursday: Mongolian barbecue, \$8.95 for adults.

Desert Oasis Enlisted Club

Today: Karaoke, 8 p.m.

Saturday: Sports Bar opens, 5 p.m.

Sunday: Club closed.

Tuesday: Two-for-one steak night, 4:30 to 8 p.m.; bingo starts, 6 p.m.

Dining facility closed

The Desert Inn Dining Facility is closed through Sept. 30 for renovation. During the



Senior Airman Amie Gannon

Yoga and you

Annie Turner, yoga instructor, teaches Jin Pi to Jennifer Drayna and Airman 1st Class Olivia Padron, 612th Combat Operations Squadron. Yoga lessons are offered Wednesdays from 6 to 7 p.m. at the community center. Call the community center at 8-3717 or 8-3500 for more information or to sign up.

closure, enlisted personnel will be on Basic Allowance for Subsistence at the daily rate of \$8.54.

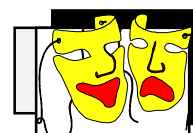
All meal card holders receive 10 percent off at the D-M Lanes Head Pin Café, the golf course's Eagle's Nest Restaurant and Cabana Pizza (carry-out). Get special meal cards from first sergeants.

To accommodate local diners, the Head Pin Café is open for breakfast, 5:30 to 11 a.m. weekdays. The Eagle's Nest is open daily, 5 a.m. to 4 p.m.

Grades E-1 to E-4 who join the Desert Oasis get 10 Services Bucks when they sign up. Services Bucks are spent like cash at more than a dozen D-M Services locations. Dues for E-1 to E-4 are \$5. For dining facility information, call the food service office at 8-3030. Get answers to pay-related questions by calling military pay at 8-5111.

Crud teams

Teams are forming now for the 3rd Annual Air Combat Command Crud Challenge. Base-level playoffs determine which three-person team represents D-M at the ACC finals at Nellis Air Force Base, Nev., Oct. 25 to 27. Evening playoff matches are at the Officers Club. Any Officers Club member – active duty, retiree, reservist or civilian – can belong to a male, female or coed team. Judges are needed for the local playoffs. Officials must be familiar with Crud rules, and be members of the Officers Club. All players get a Crud Challenge T-shirt, and members of D-M's No. 1 team each get a \$100 club credit. The top three teams at the ACC level win grand prizes: a \$1,000 travel voucher for first-place team members, a \$500 voucher for second, and a \$250 voucher for third place. The national sponsor is Allied Domecq Spirits USA, makers of Canadian Club and Lava (no federal endorsement of sponsor intended). There's no charge to register or play. Get an entry form at the club, or call 748-0660.



Community events

Today: Colorama, 6 to 8 p.m., D-M Lanes; adult cosmic bowl, 9 p.m. to midnight.

Monday: Community center Marketplace, 6:30 to 8 p.m.

Tuesday: Pool open weekdays for aerobics, lap swim only.

Thursday: Adult golf clinic, 4:30 to 5:30 p.m., call 8-3734.

Arts, photo contests

Youth and adults are invited to enter the Air Force Artist-Craftsman and Photography Contests. The entry deadline is Sept. 8. Winners from the local level go on to Air Combat Command and Air Force contests in November and December. Categories of both contests are unchanged from previous years.

Artist-craftsman entries can be in Fine Art, Textile Art, Industrial Art or Multicraft/Pattern Art. Photographs can be black & white or color, or submit color slides or digital photos, in one of five categories: military life, people, nature/scenic, creative effects or computer enhancement. Call the skills center at 8-4385, or stop by Building 4531.

Pool hours

Today is the final weekday for open or family swimming at the base pool. Through Sept. 16, the pool will be open weekends and Labor Day, 10 a.m. to 5 p.m. (open swim) and 5 to 6 p.m. (family swim). Tuesday to Friday aerobics classes, 11:30 a.m. to 12:30 p.m., and lap swimming, 11 a.m. to 1 p.m., continue through Sept. 15. Call 8-3736 or stop by Building 4430 for more information.

Calligraphy

Beginning students can learn calligraphy in a two-part class at the skills center. Sessions meet Aug. 24 and 31, from 4:30 to 7 p.m.

Instructor Patty Roeske teaches required strokes, pen position and how to write the alphabet. Cost for the two-part course is \$20 plus supplies. A supply list can be picked up at the skills center, Building 4531. For class information, contact the skills center, 8-4385.



Family support

Today: Couples Communication workshop, 2 to 4:30 p.m., community center, Building 4201.

Tuesday: Interview Workshop, 8 to 11 a.m., community center; Time for Tots, 9:30 to 10:30 a.m., Chapel 1.

Wednesday: Transition Assistance Program seminar, Aug. 16 to 18, 8 a.m. to 4:30 p.m., community center.

Thursday: Fun Time Activity Group, 9:30 to 10:30 a.m., Chapel 1.

Hearts Apart swim party

The family support center's hearts apart group is planning a swim party at the base pool, Aug. 19 from 6 to 8 p.m.

Call the FSC at 8-5690 or 8-2336 to make reservations or for more information.

Right Start orientation

Right Start is a base introductory program sponsored by the family support center, designed to welcome all newcomers, military, Department of Defense civilians and their spouses.

"Tucson the Official Postcard Video" is viewed, showing an informative and fabulous tour of Tucson and its near by areas which include museums, shops, art galleries, resorts, restaurants, old western towns and night life. Then D-M's senior leadership speaks about the variety of programs available at D-M, focusing

on quality-of-life and work issues.

Sign up to attend by calling the military personnel flight, INTRO office at 8-3076 or 8-4478. Right Start is conducted on the second and fourth Tuesday of each month at the community center, from 8 a.m. to noon.

The Medical Right Start program is held 1 to 4 p.m. Call the FSC at 8-5690 for more information.

Strengthening Step-families

The family support center is offering "Strengthening Step-families," an educational course, which meets Aug. 25 from 2 to 4 p.m. in the community center.

This course is designed to help parents with step-families increase their knowledge, skills, and effectiveness in handling stepfamily issues.

Some areas of discussion are: communicating more effectively, resolving conflicts, recognizing unrealistic expectations, building your couple relationship, helping children adjust to sharing a parent, and many more. Call 8-5690 for more information or to sign up.

Volunteers needed

Mobile Meals of Tucson, located on Country Club just north of Ajo, is looking for volunteers.

Drivers are needed to pick-up meals at area hospitals and healthcare facilities and deliver meals to homebound individuals in the community and return empty trays to hospitals and facilities. Time required is 1.5 to 2 hours one day per week, or as a substitute driver when the regular driver is not available.

Clerical and office staff are needed to answer phones, do general office work and type; computer skills are helpful. Time required is 1/2 day a week, either morning or afternoon shift. Currently need Monday all day, Tuesday mornings, Wednesday all day and Friday afternoons.

Call Debra Jansen at 622-1600 or Clayton Moore at 8-6042 for more information.



Youth programs

Today: Kids Week carnival at the youth center, 9 to 11 a.m.; Kids Week free bowling, 1 to 3 p.m., D-M Lanes; Parents' Night Out, 6 to 10 p.m., at child development and youth centers.

Saturday: Kids Week teen night, 7:30 to 9:30 p.m., youth center.

Monday: Wiz of the West auditions, 10 a.m., community center, call 8-3717.

Tuesday: Preteen/teens go to the a movie matinee, call 8-8383.

Wednesday: Keystone Club meets, 2 to 3 p.m., youth center.

Thursday: Teen Phoenix shopping, call youth center at 8-8383.

Play auditions

Auditions for *Wiz of the West* are Monday, 10 a.m. at the community center. More than 50 D-M youngsters, in grades K to 12, will be cast in roles in the Missoula Children's Theatre production. Rehearsals start Monday afternoon, and continue through Friday, under the supervision of actors and directors from the Missoula Children's Theatre. Actors will rehearse several hours each day. The performance is Aug. 18 at the base theater, 1:30 and 7 p.m. Admission to either show is \$1. For additional details or to sign up for auditions, call the community center at 8-3717.




Education services

Study Skills

The next Study Skills class is scheduled for Tuesday from 8 a.m. to 3 p.m. The class will be

held in Building 4320, Room 304, located directly across the parking lot from ERGO testing. Call 8-3813 to sign up.



Other agencies

OWC meeting

The Officers Wives Club will be holding their annual Special Activities Coffee Aug. 24 at 9:30 a.m. at the Officers Club. This is an opportunity to sign up for activities through the OWC and the base. Coffee is free to all members. Newcomers are welcome. Call Marla Howes at 751-9155 to make reservations.


Wilmot gate closure

Starting Monday, the base begins a two-phase improvement project at the Wilmot gate. During the first phase, a much-needed inbound lane will be added. Construction will last 60 days and the Wilmot gate will be closed. Traffic will be routed to the Swan Road gate; hours for the gate will be 5:30 a.m. to 6:30 p.m. Monday through Friday during this phase. The Swan Road gate will be closed weekends, holidays and during 355th Wing down days.

The second phase will be the construction of a new gatehouse and will take 90 days. During this phase the Wilmot gate will be open and the Swan Road gate will return to its normal operating hours. Call Master Sgt. David Wilson at 8-2426 for more information.

Thrift shop

The thrift shop is open Tuesday and Wednesday from 9 a.m. to 2 p.m. Consignments are taken until 1 p.m. Call 8-2120 to reserve space for large items and furniture. The thrift shop is located in Building 3220 on Ironwood across from the bowling alley.



STEP up

(Left) Col. Bobby Wilkes, 355th Wing commander, congratulates Staff Sgt. Laurance Messick, 355th Civil Engineer Squadron, after he was promoted to technical sergeant under the Stripes for Exceptional Performers program July 14.

Airman 1st Class Maryann Walker

First sergeants needed

Master sergeants and above interested in being a first sergeant are needed at Davis-Monthan Air Force Base and throughout the Air Force.

Call Chief Master Sgt. Ronald Kriete, 355th Wing command chief master sergeant, at 8-3319, for more information.

Phone book recycling

Upon receipt of your new U.S. West DEX phone books, remember to recycle your old books at the base recycle center located at the corner of Yuma and Casa Grande Streets, Building 4868. In the center's yard, open 24 hours a day, will be specially marked recycle bins for the drop-off of the old phone books. This program will started Wednesday and will continue through Sept. 12. Call Joe Uremovich, recycling manager, at 8-2296 with questions. Promote the environment - Recycle!

EWA meeting

The next Enlisted Wives Association meeting is Tuesday at 6:15 p.m. at the Desert Oasis Enlisted Club, Monte's room, with a social to follow. The theme for August is "Back To School." Call Dena Wakefield at 747-3461 for more information.



Movie theater

- Tonight:** Boys and Girls, (PG-13), 7 p.m.
Saturday: The Adventures of Rocky and Bullwinkle, (PG), 7 p.m.
Sunday: The Adventures of Rocky and Bullwinkle, (PG), 7 p.m.
Aug. 18: Me, Myself and Irene, (R), 7 p.m.
Aug. 19: Fantasia 2000, (G), 1 p.m. and 7 p.m.
Aug. 20: Me, Myself and Irene, (R), 7 p.m.